

Brunch

We use free-range eggs from Riverway's Farm in Twyford

Yoghurt, blueberries, granola & lavender honey (VG)	5
Fresh fruit bowl (VE)	5.5
Chorizo hash, two plancha eggs	7
Smashed avocado, chilli, rye toast, two poached or plancha eggs (VG) <i>add smoked salmon, halloumi or chorizo</i>	7.5 3 each
Short stack buckwheat pancakes, maple syrup (VG) <i>with smoked dry cured bacon or blueberries & yoghurt</i>	9
Eggs your way; two eggs scrambled, poached or on the Plancha & sourdough toast <i>add smoked salmon, halloumi or chorizo</i>	5.5 3 each
Full English; double plancha egg, sausage, smoked dry cured bacon, grilled tomato, hash brown, mushroom & toast	10.5
Garden breakfast; double plancha egg, halloumi, grilled tomato, mushroom, slow cooked greens, avocado & toast (VG)	10.5

(VG) vegetarian, (VE) vegan, (N) contains nuts | 31below.co.uk |  [31belowmarylebone](https://www.instagram.com/31belowmarylebone)

If you suffer from any allergies or intolerances please ask a waiter for more information.

A discretionary service charge of 12.5% will be added to your bill. Our tronc service charge is to benefit the team that looked after you today.

Grind Coffee

Roasted daily at Grind HQ in Shoreditch

All available with whole, soy, almond & oat milks + 50p

espresso 2.5 / cappuccino 3.5 / latte 3.5 / cortado 2.6 / flat white 3.5 / americano 3 /
macchiato 2.5 / double espresso 3

Teas

Turmeric Latte	4
Matcha Latte	4
P&T Julep Mint ; chinese green tea, citrus peel, jasmine, green tea, liquorice root, peppermint, lemon myrtle	3
P&T Sweet Lullaby ; lemon verbena, lime blossom, lemongrass, nettle leaves, chamomile, orange peel, lemon peel, rose petals, hops	3
P&T Cederberg Chai ; rooibos, ginger, fennel, pepper, liquorice, bell pepper, cloves, allspice, coconut chips	3
P&T Pure Prana ; lemongrass, ginger, liquorice root, citrus peel, peppermint, pepper	3
P&T Mighty Green ; japanese sencha green tea	3
P&T Brave New Earl ; black & green tea, juniper berries, tea flowers, bergamot, jasmine	3
Builders tea; (PG Tips)	2

All packaging and tea bags are made from 100% biodegradable materials.

Cold-pressed Juices & Shots

All of our cold-pressed juices, shots and smoothies are supplied by P R $\frac{3}{4}$ S S London

Sweet Citrus ; orange, lemon, tangerine, grapefruit, turmeric, cayenne black pepper (VE)	5
Lean Green ; kale, spinach, celery, romaine, cucumber, ginger, lemon (VE)	5
Super Berry Smoothie ; apple, banana, coconut water, strawberry, blueberry, raspberry, coconut milk, lime (VE)	5
Super Glow Smoothie ; apple, banana, orange, avocado, lemon, ginger, turmeric, black & cayenne pepper (VE)	5
Orange juice ; freshly squeezed (but not by us) (VE)	4
Ginger Super Shot ; orange, lemon, ginger, cayenne, garlic, oregano (VE)	3.5

Smoothies & Protein Shakes

The Daily Grind ; hemp protein, coconut water, banana, dates, cocoa nibs & a shot of Grind coffee (VE)	7.5
Lean & Green ; avocado, kale, spinach, celery, romaine, cucumber, ginger & lemon (VE) <i>add chilli to make it a Lean & Green Hot</i>	8
31 Bee-low ; almond milk, banana, bee pollen, raw honey, dates, cinnamon (N) (VG)	7.5